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Students to perform in honor band

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Four Wartburg students will travel to Kalamazoo, Michigan in February for the North Central College Band Directors National Association intercollegiate honor band.

Scott Eiklenborg, Garret Arensdorf, Britni Cohen and Stephen Klaasen are the students who will be participating in the honor band Feb. 22-24 at Western Michigan University.

Those students will be joining students from other colleges and universities of all sizes for the honor band. The CBDNA holds these events for each state and region and then has a national event.

"It's a pretty big deal because we have several hundreds of colleges that send their best students," said Scott Eiklenborg, a percussionist. "There's a lot of Division I universities that are participating as well so it's a pretty big deal."

There wasn't a set audition process. Instead, college directors sent in letters of recommendation for their best students.

"Every day is an audition. It really depends on what your director thinks about you. So they're going to be honest. It's a different type of process, but it gets the job done," Eiklenborg said.

While at the conference, the students will patcipate in a variety of activities. The majority of their time will be spent in rehearsals, but there will also be seminars, sessions and forums for students to attend to learn from professional musicians.

Several bands from colleges and universities in Michigan will perform for the students as well.

As collegiate musicians, many-have particiaed in honor band while in high school. But for some, this is their first time doing something like this in college.

"I think the competitiveness will be higher," said Garret Arensdorf, a tuba player. "It's the Midwest area and it's the top of the top for many of those colleges, and Wartburg is well represented."

Wartburg's four participants is uncommom for a college of its size.

"Four students is actually a really big number," Eiklenborg said. "The only other schools that are bringing that many are about three or four Division I schools."

The students said they are excited about the event.

"I'm looking forward to the music selection and the guest director," Arensdorf said. "I think that's what really makes an honor band memorable. The music you play and the director you get to work with."

"I am really looking forward to-meeting a lot of other really good musicians," Eiklenborg said. "It's not every day you get to be around the best in the whole Midwest or nation."

Archivist Amy Moorman holds one of the reels that will be getting a new protective can due to a grant. -**Josh Voigt**/*TRUMPET*

Archives receive $6,000 grant

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Wartburg received a $6,000 grant from the National Endowment for the Humanities (NEH) that will be used for preservation of audio-visual materials in the Wartburg College Archives and the Archives of Iowa Broadcasting.

Wartburg was the only institution in Iowa to be awarded the NEH Preservation Assistance Grant. Over the past five years, only 32 percent of applicants are awarded the grant, according to the NEH website.

"We'll be purchasing equipment and supplies like film cans to process and then house some of the films in the collection that either don't have film cans now or don't have suitable cans," archivist Amy Moorman said. "The other part is to buy some more data loggers that measure the level of humidity in the storage area."

The barcodes to identify what the films are can be found on the inside of the cans they are housed in, so some films have not yet been archived.

Some of the grant will also go toward training initiatives that will teach people how to work with the archives. This is an online initiative, but some training will be on site as well.

The justification used in the application for the grant came from a similar grant received by the NEH in 2015, Moorman said. The grant was used to do an assessment of the entire collection in the archives. One of the biggest issues that arose from the assessment was stabilizing the film collection.

The archives have also applied for three other grants: another from the NEH, one from the National Historic Publication and Records Commission and one from the Council on Library and Information Resources.

If they obtain these grants, they will be used mostly for a digitization project, which will make the audio-visual materials easier to access.

Assistant Professor of Sociology Dr. Brian McQueen believes that the archives could be a good source for scholars interested in studying the cultural and political history of Iowa.

"I [see] this as a data source," McQueen said. "There's a rich amount of information there that can be used for content analysis to learn any number of things about who we are as Iowans."

McQueen said he has spoken to Moorman about the digitization project and that he was interested in making the archives available for students to use when studying social climates of Iowa.

This is the first grant that Moorman has applied for in her position and she said she felt that being the only instituation in Iowa to receive it was a proud moment not only for her, but for the school.

"[Recieving the grant] is sort of validating for the college and for the collection because the NEH is a federal government program so they receive applications from all over the country," Moorman said.

"We were the only institution in Iowa that received a grant from this round so it speaks highly to the value and importance of the collection."

Wartburg West hosts Luther students

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Wartburg West, an urban studies program in Denver, Colorado, has diversified itself by welcoming students from Augustana and Luther colleges.

Sophomore Mason McMillan was one of the students from Wartburg that lived and learned in Denver while attending Wartburg West last fall.

While in Denver, McMillan had the opportunity to take classes with and get to know students who are enrolled at Augustana College in Rock Island, Illinois.

"I think it was a really good idea for Wartburg West to combine with students from other colleges," McMillan said. "It taught me how to mix and mingle with students outside of my own school and it's more people that you get to meet during your Wartburg experience."

Internship coordinator and Wartburg West coordinator, Jo Dorrance, echoed the sentiments of McMillan.

Wartburg and Augustana students in Leadville, Colorado, after a weekend retreat during the Fall 2017 term at Wartburg West. -**Submitted Photo**

"There are many benefits of having Wartburg West integrated," Dorrance said. "People from different schools bring different perspectives. Any time you have a new experience, you meet people with different viewpoints and you begin to understand different types of backgrounds and upbringings."

Being from a small town in Iowa, McMillan said that Wartburg West was the perfect opportunity for him to branch out of his comfort zone.

"Meeting people you wouldn't ordinarily have the chance to meet and being able to hear the opinions of more than just Wartburg students was really interesting. The Augustana students had interesting viewpoints on controversial topics in today's world," McMillan said.

This year marks the fifth year of Wartburg West collaborating with Augustana and this winter semester will be first time Wartburg West has included students from Luther College in its program.

Augustana and Luther do not have programs that allow students the opportunity to experience an urban setting, thus making Wartburg West the perfect option.

"There was some initial anxiety about the schools combining, but it has turned out to be a wonderful thing for all involved," Dorrance said.

There are four Luther students attending Wartburg West this semester, and Dorrance anticipates the program will only grow from there.

"Wartburg and Augustana have created a great relationship with students via this opportunity and I can't see any reason as to why it wouldn't continue to grow," Dorrance said. "It has been a win-win for both the students and the schools."

Homecoming Committee in search of new members

Students work hard to make Homecoming a success for everyone, however the committee doesn't miss an opportunity to have fun. Students who apply should be hard working and ready to come up with creative ideas. To apply to be a part of the committee, contact Tony Smith. -***Marketing & Comm.***

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One of Wartburg's many traditions occurs every fall: Homecoming. The events of Homecoming and Family Weekend don't just happen on their own though. A team of students work together to make sure everyone enjoys the festivities.

Abby Klug and Brittany Shindelar are two students who were members of the 2017 Homecoming committee.

Currently applications for the 2018 Homecoming committee are open.

Both Klug and Shindelar encourage students to apply to be apart of the planning process.

"I encourage students to apply for the committee because it is such a rewarding and fun experience," Klug said, "As a member of the committee, you get to be directly involved in the planning and coordinating of one of Wartburg's most beloved traditions.

"Also, you get to know the theme a whole half a year before everyone else, which is a super exciting secret to keep," Klug said.

Shindelar said she encourages students for similar reasons as Klug but also wants students to know being a part of Homecoming committee is a great way to be remembered at Wartburg.

"This is also a great opportunity to leave their mark at Wartburg. I encourage students to apply for the committee because it is a great way to become involved in one of the greatest Wartburg traditions," Shindelar said.

While there are no specific requirements to be on the committee, Klug said students who apply should be hard working, want to be involved and excited about the college itself. Shindelar added students should be ready to put forth creative ideas.

Students who are applying should also expect a retreat type of meeting during the winter semester and more meetings in the following fall semester.

During the winter semester students will pick the theme and arrange into sub-committees.

In the fall semester students will have weekly Monday night meetings until the week of homecoming, which last up to about two hours.

Klug and Shindelar agree once Homecoming comes closer, things can tend to get a little crazy.

"Starting once we return back to school in the fall, we will have weekly Monday night meetings up until the week of Homecoming, where it tends to get little crazy; however, nothing unreasonable," Shindelar said.

"All the meetings and time put ino Homecoming is so worth it after seeing how much the alumni and their families and students enjoy the events," Shindelar said.

Homecoming isn't all meetings and planning though. Klug and Shindelar both have their fair share of great memories from working on the Homecoming committee.

"My greatest memory of planning Homecoming is seeing everyone come together and also creating some of the greatest friendships with other committee members," Shindelar said.

Shindelar also said students should apply for the committee because of how easy it is to be involved in a great Wartburg tradition.

"It is a great way to meet people or extend your friend group," Shindelar said.

Applications are being accepted until Jan. 19 at 4 p.m. For more information contact Tony Smith at tony.smith@wartburg.edu.

For the link to the application, please visit the alumni page at www.alumni.wartburg.edu or check the emails from The Juice.

Hearthside Project planning to continue at Wartburg

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Dr. Zak Montgomery

For the past seven years, Wartburg faculty, staff and students have been participating in the Hearthside Project, a program developed by Dr. Paula Survilla, professor of ethnomusicology, that promotes critical thinking outside of the classroom through interactive readings.

This year, the program has attracted 11 faculty and staff and 32 students to participate, with several new faculty and staff on board.

Dr. Zak Montgomery, associate professor of Spanish and a group leader in the program, said the Hearthside Project encourages student and faculty interaction outside the formality of the classroom based on the more intimate learning environments of graduate work.

"It allows students to engage in the process of reading with a faculty or staff member and to consider connections between their own course of study and the practical and philosophical ideas explored through each text," Montgomery said.

With a limit of one faculty or staff member leading a small group of three student Montgomery said the biggest issue is space.

Students who want to participate in the program apply on a first-come-first-served basis. Those who are interested in a specific title must contact the faculty or staff who chooses it.

Ashley Lang, assistant director of the institute for leadership education, said the program is an opportunity for students and faculty or staff to make connections in a different way.

"My book was something I had on my bookshelf and I thought it was a good opportunity to read it intentionally," Lang said. "There isn't any specific student who should or shouldn't be reading this. They should just have an interest or passion for this topic."

Students participants work with group leaders to schedule times to meet any place throughout the semester and discuss their specific book in sections.

These discussions can include simple thoughts and reactions to deep, critical conversations.

As a first-time faculty participant, Lang said she thinks the project gives students an insight to who faculty and staff are outside of the classroom.

"...deep, critical conversations and keen student insights have sparked my interest in topics not directly related to my academic area of expertise..."
— Dr. Zak Montgomery

"Sometimes we get so focused in on that topic we are teaching that we don't get an opportunity to have conversations or explore with students something else that we are interested in or passionate about," Lang said.

"This is an opportunity to do something different and to do reading more for fun than for academic purposes."

Cassie Hales, director of residential life and first-time faculty participant in the program, said she is interested to read her chosen book with her students and find out together whether it is good or bad.

"Right now, students know me as the director of student life, so this is a chance for me to interact with students who I probably wouldn't interact with on a regular basis and it's cool to do that through a book," Hales said

Group leaders Hales and Lang said they are excited to have received their sets of books and to get started.

With no fees or requirements, student participants receive their books for free and are allowed to keep them at the end of the program.

As a group leader for the past six years, Montgomery expressed the importance and benefits the Hearthside Project provides to its participants.

"Exploring new books alongside students in a deliberately informal setting has been invigorating for my intellect and particularly for my soul," Montgomery said.

"The deep, critical conversations and keen student insights have sparked my interest in topics not directly related to my academic area of expertise, as well as fomenting student interest in new disciplines," Mongomery said.

Montgomery said he plans to continue doing Hearthside in the future to feed the intellectual curiosity of faculty, staff and students beyond the classroom.

Grant allows for new partnership between Wartburg College and Wartburg Seminary

AMBER ROTTINGHAUS *STAFF WRITER*
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Students within Wartburg's BA Divinity program will soon be able to finish their master's degree in six years rather than eight, thanks to a grant from the Kern Family Foundation.

Rev. Brian Beckstrom

The grant is being awarded to Wartburg College, which is the first ELCA institution to receive it, and Wartburg Theological Seminary (WTS), a graduate-level institution in Dubuque.

Through a new partnership, these institutions will use the funds to develop a new curriculum, student scholarships and hire a director.

"The seminary and college were once a single institution and we feel blessed that God has brought us closer together through this grant," Wartburg's Rev. Brian Beckstrom, who is helping to organize the new program, said.

"God is always at work raising up leaders to serve the church and world." Beckstrom said.

Nurturing such leaders is especially important now, as there is a critical need for ordained pastors due to the retirement of the Baby Boomer generation, Beckstrom said.

The new curriculum will act as a fast track for young, aspiring church leaders.

They will spend three years at the college studying one of 12 specific majors and three years at the seminary studying and working in congregations.

Along with helping students save money, this will also help to quickly fill churches that are currently sitting empty.

It will also allow the institutions to assist each other in the needs of their communities.

"This new interaction between the college and seminary will help identity where each institution can learn and allow us to exchange strengths," WTS's president, Rev. Louise Johnson, said.

"I think the collaboration of schools like ours is something that is needed to address the issues and problems we face as a society."

While the college and seminary have always had a relationship due to originating from the same source, this is the first time they are working together.

Their shared mission and passions make this new partnership even more valuable, Johnson said.

Both institutions share a passion for making a difference in their communities and plan community-based relationships into their curriculums.

This is the very reason that Nicole Lyons chose to attend Wartburg College and continue her ministry education at WTS.

"Such students are jokingly called 'Double Burgers,'" Johnson said.

Lyons began attending WTS in June of 2017 and spent that summer completing the requirement to learn Greek before her first year.

She then enrolled full-time in the Masters of Divinity program.

Courses range from Jesus Christ in a plural world, New Testament themes, Worship History and Mission and any other courses a student feels would fit into their study.

Additionally, students are expected to help lead daily chapel services once a semester.

Another important aspect of WTS is their commitment to providing cross-culture experiences, Lyons said.

She is currently studying abroad in Iceland and Norway for 20 days.

"Every single one of my classmates are studying in contexts that help them develop a sense of identity within the world," she said.

"WTS gives us well-rounded education by providing experience and academics that truly make it worth it."

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MLK Week Schedule

Monday, Jan. 15
1:25 p.m. **Service Projects Kickoff**, Levick Arena
2-5 p.m. **Poverty Simulation**, St. Elizabeth and Heritage rooms
7 p.m. **Freedom Writers Movie**, McCaskey Lyceum

Tuesday, Jan. 16
11:30-12:30 p.m. **Peace Dialogue**, Ballrooms
7 p.m. **Sip & Paint**, The W classrooms

Wednesday, Jan. 17
10:15 a.m. **MLK Chapel, "Stay Woke"**, Wartburg Chapel
9 p.m. **Sanctuary with poet Cheri Kabba**, Chapel Commons

Thursday, Jan. 18
11:30-12:30 a.m. **Implicit Bias and Education**, McCaskey Lyceum with Dr. Beverly Smith and Felicia Smith-Nalls '99
7 p.m. **The Outlet**, McCaskey Lyceum

-**Michelle Johnson**/*TRUMPET*

Resonance art comes to Wartburg

WILL COONRADT *OP/ED EDITOR*
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If someone comes into the gallery and revisits a past experience due to the art then our goal has been accomplished, artist Joshua Cox said.

All those emotions a person will experience were rather intentional, said Cox. The models should allow memories, desires, and passions to submerge upon seeing them.

"All those emotions a person will experience were rather intentional," said artist Joshua Cox

The models should allow memories, desires and passions to submerge upon seeing them, he said.

Memories are carried with people throughout their entire lives, their nostalgic effect can emerge from external cues such as pictures, music, smells and many other sources, Cox said.

As people experience these memories it may not have occurred as they previously thought.

Johanna Westin, Wartburg's Gallery Director said, memories are about how you remember them and more importantly, its significance in your heart.

Artistic married duo; Cox and Dawn Getter constructed the art exhibit, 'Resonance'.

It's a collaboration between the two of us combining our artistic styles, and conceptual goals, Cox said.

"The show is very, whimsical, colorful, and pretty; for lack of a better word," Cox said.

He went on to add that the artwork is a part of them. They've anchored their memories in places that have been important to them.

Much of the art is models of significant places the couple has lived, worked or visited.

"We have gone back to those places, it's always a disappointment, it's never what we remember it being because everything's different," Cox said.

This model represents the house Cox and Getter once lived in. The memories they made in this house are very important to them. Their memories are reflected in their art.- **Will Coonradt**/*TRUMPET*

Cox presented the idea of your childhood home, when you go back it is not the same. For instance, the house is smaller than you remember.

"Memory is interesting in that way," Cox said.

Westin said she enjoys how the exhibit focuses on how brains and heart come to connect itself to different places and times through our memories.

"As a couple they have beautifully married their styles," Westin said.

"They share such a common heart to their work."

They each were doing a mini show. Part way through, the two realized that they were trying to achieve the same goal of their memories and decided to combine the work and do more of a collaborative exhibit.

"You have a very clear vision of what happened in your head, but it may or may not be the same exact thing that happened," Westin said.

Getter uses salt as a preservation method to cover some of her pieces.

By her doing that it is a way to preserve those memories, Westin said. The salt has a sparkly and surreal effect with a magical quality attached to it.

Westin's favorite piece is 'The Saddest', which is made up of a video, a miniature model and a life-sized model.

There is a single table in an attic with a stack of paper that gets larger and larger.

This resembles our perfect expectations through our planning for life, Westin said.

As the stack grows anticipation sets in, finally the papers fly around symbolizing the unexpected chaos of life, Cox said.

When Westin first saw the piece she received that sense of chaos and understanding that certain things are out of your control she said.

The gallery is filled with 3-D art, videos and pictures. Westin said she would like to see this style more often in the gallery. 'Resonance' will be displayed until February 11.

"Not all collaboration works out so well. It's a beautiful style,"

Dedication vs risk; a time and a place for both

WILL COONRADT *OP/ED EDITOR*
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I woke up confused and tired, not sure where the obnoxious noise was coming from.

I soon came into reality, realized that it was 5:30 a.m. and that noise was my alarm for morning lifting. I hesitantly hopped out of bed, threw some clothes on and stumbled out the door.

After a few steps I felt my front plant foot slide forward, luckily, I manage to catch myself before eating icy pavement.

Upon assessing the situation, I realized the sidewalks and roads were completely iced over. It looked like I was skating to practice this morning.

I wasn't surprised that lifting was still on, apparently elite athletes don't care if they must skate to get a workout in.

After seeing how poor the roads were and that I had trouble even completing the simple task of walking I was sure that Christmas morning came again, and I would have no morning classes.

My hypothesis was partly true as one class got cancelled. I walk ed into my 7:45 and my teacher talked about the roads.

Apparently, she only lives a mile or so away, but she slid out of her driveway and around every corner just to get to school. It took a long time too.

Very few people had morning classes cancelled. I appreciate the teachers at Wartburg and their dedication to teach students but there comes a time when that dedication is taken to an extreme.

The sidewalks weren't even cleared by 7:45 classes, the roads were completely iced over and there were still classes being held. These extremes are further put into perspective when Wartburg insists on not cancelling classes but lots of businesses closed their doors for the day.

With a small campus and students that can manage to get to class its not the end of the world.

However, there are plenty of faculty and students that don't live close to the school.

By driving to schools to uphold the high expectations Wartburg has put their students lives and other lives in harms way.

To hold a class session where many students have mentally checked out is counterproductive.

Luckily, to the best of my knowledge, no one from the college was injured.

When the next ice storm comes around take a step back and ask yourself if this one class session is WORTH IT.

Looking past the differences

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"Hey, how is your brother doing?"

My brother was nearing the end of his struggle with cancer, and the (now former) coworker asking the question had recently learned of this.

I replied that he was not doing well, and the coworker, intending, I am sure, to seem concerned, then asked, "How old is he? Does he have a family?"

"He's 31, but he has some disabilities, so he still lives with my parents," I answered, catching my breath, as I had been doing my whole life when laying bare this piece of my identity that pierces all other aspects of my self.

"Oh, that's good. Then it's not so sad," the coworker responded.

I don't remember if I missed a beat or if I flushed. I do both of those things, though, every time I relive this conversation.

"He has a lot of friends. A lot of people that care about him," I managed to say.

"I'm sure he does," the coworker said, already turning away.

Whether they had felt their foot fill their mouth to the brim or not, it didn't change the fact that they had given the words life.

Then it's not so sad.

The words hung in the air, sticky tar that would soon add to the dark slime beast of Everything Everyone Has Thought They Have Known About My Brother since the day he became what he was at the age of one, after an unusual fever led to seizures, which led to a dose of phenobarbital, after which he was never the same.

My brother and I didn't have one of those easy stories. I knew a family like that. They also had three daughters and a young son who was differently-abled.

Those girls loved their brother. It was beautiful. They were his champions, his fixers, his interpreters, his goddesses.

They were not me. At first, I loved my brother, too. At the age of two, I named my doll after him, so I could be like Mom and have my own Jed Luke to tote about the house.

Later, we imagined together: nestled on the couch with our matching blanket rabbits, running through the weak North Dakota summer sunlight, tunneling through winter drifts.

In Kindergarten, I had a nightmare that an enormous bird cracked open his skull on our front lawn, and I cried so much the next morning I had to miss school.

But our society's marginalization of the differently-abled, of the difficult-labeled, began to shadow me not so soon after that.

Sometime in my childhood, perhaps age eight, I was called to a dark kitchen by my mother to take my vial of antibiotics for an ear infection.

I had all of the thick medicine in my mouth when she gasped.

"Oh no! I gave you Jed's instead!"

I spat out everything onto the floor, some of it hitting the cupboards. I was old enough to know his medicine treated, not caused, his differences.

And I was old enough to feel immediate shame at my terror—terror to imbibe what he imbibed, as if this would indelibly associate me with his differences and his low status.

Old enough to realize the extent of my disgust for his differences if I was that quick to reject even this innocuous thing.

The shame shadowed me, too, like the slimy shadow of society's sneering, except shame was larger and more powerful.

Shame can be useful that way. Once, I overheard a conversation of a teen in a house where we were guests, complaining about the large family that had invaded them with the "weirdo" son who looked "freaky."

In junior high, I was told by a friend that a boy from another town with whom she had wanted to set me up had seen my brother and declined the set-up, wondering aloud if those problems were genetic across the family.

And more, and more, and always, always, I knew those others were wrong. I was not ashamed of my brother again. He was what he was. He continued to take his medicine, and I mine.

Which is not to say I was never wildly frustrated with him. My brother was a complicated, aggravating, goofy, whole-hearted individual, a huge puzzle that perhaps only my family—if anyone—saw in its entirety.

This is something that society has also tended to misunderstand.

From ER episodes to busybodies in my father's parish, the prevailing thought seems to be We Know What You Should Do With This Troublesome Child Whom We Have Observed In A Few Select Situations.

The advice hinges on willful misunderstanding—because it is only through understanding that people truly saw my brother.

And it is only through seeking to understand that Wartburg students will be the true leaders and servants that we prepare them to be.

I have long been impressed that Wartburg's mission statement strives to prepare students for lives of leadership and service—not leadership or service.

FOR MORE ON THIS STORY GO TO --**WWW.TRUMPET.COM/TRUMPET-MAGAZINE/**

Recipe for: Portobella Carbonara

Ingredients:

- 1/2 a box of Linguinie
- 2 boxes of medium portobellas
- 3 cloves of garlic (diced)
- 1 1/2 cups of butter
- 5 strips of bacon
- 5 oz of Asiago cheese
- 2-3 eggs
- Pepper
- Fresh Thyme

Instructions:

Preheat oven to 350. Bring a large pot of water to a boil. Place butter in a bowl and melt it in the microwave. Add the garlic, fresh thyme (dry is okay) to the butter and mix. Clean the mushrooms with a damp paper towel and lay gill side up on a baking sheet. Pool the garlic butter in each muchroom cup, once it reaches 350 pop the mushrooms in the oven for 20 min. (or until tender). Chop the raw bacon, place in a skillet on medium heat, stirring occasionally. When the mushrooms are tender top each mushroom with asiago and switch the oven to broil. Cook 'till cheese begins to brown; about 5 minutes (keep an eye on them at this point, the cheese can burn quickly.) Pour the bacon and fat into the strained pasta, add unused asiago. Whisk the two eggs together and pour into the pasta, be careful, if the added eggs are not stirred immediately you run the risk of cooking them. Add about a tbsp. of pepper to the pasta, mix. Pile the pasta into a bowl placing the mushrooms on top. Top with pepper and chopped thyme.

Portobello Carbonara

CHEF COON *FLAVOR CONSULTANT*
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In my introductory article into Coons Kitchen I said there would be healthy meals…this is not one of them.

If you have a guilty conscience I would recommend hitting the gym before this meal because it's buttery, fatty and rich!

Let me preface with some flavor profiles you're going to experience: smoky, meaty, salty, nutty, fatty, with some bright undertones from that thyme.

First off let me say that even if you don't like mushrooms this recipe might change your mind.

I highly advise using portobello's because they're super meaty with a very unique and rich flavor. If you can't find portobello's, crimini mushrooms are another option and they can be found in any grocery store.

Fun fact; crimini's are just juvenile portobello's. These shroomies do some serious lifting in this dish. Some other possibilities are, to throw them on a salad, make a sandwich, appetizers?

Sure, the possibilities end when your imagination shuts off.

By the time you get done reading the recipe and you're still not convinced that the mushrooms are your speed (I won't be offended), take the mushrooms out and you're left with a basic carbonara.

Addition of cheese, more pepper, some salt and probably more bacon will be needed, so keep that in mind.

Michelle Johnson

TRUMPET

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Cliff Brockman *Faculty Adviser*

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

RA application deadline soon

KENDALL ERENBERGER
KNIGHTLIFE EDITOR
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Applications for applying to become a residence assistant (RA) are due Jan. 26.

Applications are available online and should be submitted to Justine Jackovich, assistant director of residential life.

Within the application, students must include a cover letter, an updated resume and two letters of recommendation.

RA application information has been availible since the start of November.

"We try to start early on so that if people want to talk to friends and family over the break, Thanksgiving and holiday break," Jackovich said. "[There is] Still plenty of time to apply if people are just jumping on board now."

To qualify to become an RA, candidates must have a minimum GPA of 2.5.

The RA application also asks about the student's involvement on campus and about past conduct history.

Once the applications are submitted, candidates must attend one of two group process nights. These take place Jan. 29 and 30 from 6-10 p.m.

"For those we just have like three different rotations that we have them to go through," Jackovich said. "It's a way for us to be able to engage with candidates in a different way."

After the group process interviews, individual interviews take place Feb. 5-9.

These interviews include representatives from the professional area coordinators staff as well as current RAs. Jackovich said that these include typical interview questions.

"Why do you believe that you would be a good RA?" Jackovich said. "What are some relevant experiences you've had? Different questions about creativity, programming. How you handle conflict? Different things like that."

Jackovich said there are many benefits to becoming an RA.

RAs receive 75 percent room credit, a double room and a small stipend which varies depending on where the student lives.

Seth Jobes-Ryan is in his second year as an RA.

"I think [the application process] does a good job of really trying to get applicants exposed to the work that they will be doing," Jobes-Ryan said.

Jobes-Ryan also said students wanting to apply should start their application early.

"Especially when it comes to identifying who you are going to do your letter of recommendation from," Jobes-Ryan said. "I think it's really important to select those early and talk to those professors about it early.

For those looking for more information about becoming an RA, there will be an information session Jan. 16 at 7 p.m. in Buckmaster Room (WBC 214).

Students can also email justine.jackovich@wartburg.edu for more information.

Apply Online

Application includes:
Application form, cover letter, resume, and references

Application forms available at:
http://info.wartburg.edu/student-life/residential-life.aspx

Submit apps via email to the Assistant Director of Residential Life:
justine.jackovich@wartburg.edu

Application due on January 26, 2018 at 4 p.m.

Group Process Interviews:

Attend one of two group process nights:
Monday Jan. 29, 6-10 p.m.
Cardinal Commons
Tuesday Jan. 30, 6-10 p.m.

Individual Interviews:

Week of Feb. 5-9
Sign-ups available in Student Life Office starting Jan. 8

—**Michelle Johnson**/*TRUMPET*

Pathways, a student resource

KRYSTAL JOHNSON
ASST. KNIGHTLIFE EDITOR
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Entering the New Year can be a new start for students in their academic careers and the best way to make sure they are going on the right path can include utilizing the resources that Wartburg provides.

One of those resources is the Pathways Center located on third floor of the library.

"Think of student success," director of Pathways, Derek Solheim said. "We're really about students being successful, academically, personally and professionally."

Some of Pathway's better-known resources include the math and reading labs, but they also provide career mentoring and resume building.

"My freshman year I didn't know what I wanted to do,"said Abby Singleton, Wartburg student and student worker at Pathways. "I thought I had everything figured out but I really didn't. I talked to someone at Pathways about switching my major and that's the major I stuck with and will graduate with."

Singleton originally majored in music education and therapy but after speaking with one of the mentors at Pathways, she realized that her true calling was elementary education.

"We like to think that our services are designed for all students in all majors," Solheim said. "Our goal is to help you achieve whatever goal you want to get to."

The Pathways Center is designed to accommodate every student's needs, Solheim said, from the rows of books on resume building to testing for grad school, to the knowledgeable staff that can help guide any student onto the right life path.

While Pathways mainly focuses on the one on one interaction of students and mentors, they are working on how to reach modern day students and in today's society, the best way to do that is through technology, Solheim said.

Currently the Pathways Center is working on developing more of a user-friendly site that works toward making it easier to reach students in our tech driven society, Solheim said. They are also working on revamping the job board to make it work very much like a combination of Facebook and LinkedIn, suggesting jobs based on a student's interests.

"How would a modern day student success center look like?" Solheim said. "We think we have a lot of the pieces in place so we are working on how to utilize the existing info structure of staff but gives us a broader reach."

The Pathways Center is located on the third floor of the library. They are open 8 a.m. to 4:30 p.m. weekdays. —**Krystal Johnson**/*TRUMPET*

Faculty & Staff Spotlight

Deena Kazda, Den-Rittersaal

WILL COONRADT *OP/ED EDITOR*
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"What's up chicken butt?" A student laughs and says hello to retail associate Deena Kazda who gave the greeting.

The student center is home to the Den-Rittersaal. This dining facility is the "office" site of Kazda, who has been working in dining services at Wartburg for over 16 years.

Working up front in the Den is her favorite place because she likes to talk to all the different people, Kazda said.

"It's always interesting to get to know all the people of different nationalities and states and hear their stories," she said.

Kazda's family lived on the border of Minnesota but she was born in Osage, Iowa where her mother's doctor's practice was.

"When she had me she was given laughing gas, that's why I say I laugh all the time," Kazda said. "I even laugh in my sleep . . . well, that's what I'm told at least."

Den Supervisor Ann Wrede has worked with Kazda for the past nine years and alongside her in the Den for five years.

"She's very smart, she knows pretty much everyone's name, she's thoughtful and funny too," Wrede said

Kazda greets students with a friendly remark and a very cheery laugh.

Wrede said she is helpful to the new hires by showing them around and explaining how to do things.

Deeza Kazda jokes with Ann Wrede while working in the Den-Rittersaal. —**Will Coonradt**/*TRUMPET*

In spite of Kazda's bright personality and light hearted jokes, Wrede said she is also a very thoughtful person.

"When my mother passed away Deena was the first person to see if I was OK," Wrede said.

Kazda moved from Minnesota to Mississipi but soon moved back to Iowa first in Waterloo, then Denver, finally settling down in Waverly with her husband when she was 21.

Since living in Waverly, Kazda has held positions working for the Waverly newspaper putting the paper pages together and for the Waverly Shell Rock schools.

Kazda said has loved her time working at Wartburg.

Kazda hopes to retire in the next six years.

With the free time she wants to go to Texas to visit her son north of Dallas and her nieces and nephew around Houston.

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Follow through with resolutions

SILVIA OAKLAND *ASST. NEWS EDITOR*
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"The W" offers a variety of classes including cycling. There are also aqua classes , yoga and Zumba Classes only cost $5 a month for students. — **Marketing and Comm.**

The new year began over two weeks ago and often with the new year comes new resolutions. Wartburg offers a gym to students and the community and provides many different opportunities to keep people in shape.

"The W" provides students with classes that range from Zumba, to yoga, to aqua classes. Students automatically have a student membership which is built into their tuition fee and allows access to any hours the facility is open.

Classes, however, cost an additional $5 a month for unlimited access.Leslie Lyons, the assistant fitness director at "The W," described the aqua classes offered to students and community members.

"We offer three aqua classes: P3, H2O Senior and three similar H2O fitness programs," Lyons said. "P3 is a personal pool party where an instructor is present to help with workout ideas or people can bring their own choreography for a fun work out.

"The H2O fitness programs are a deep H2O and H2O combo. All are highly motivated cardio classes, but H2O deep is in the six foot end of the pool and offers more intensity," she said.

Students can also get their cardio by running laps around the indoor track or by using a stationary bike. "The W" also offers a "Walk-N-Talk" program that allows students and community members to walk around the track from the hours of 5-9 a.m.

"We have a variety of cardio equipment, circuit weights, free weights, areas for walking both on the track and we have maps for walking around The Hall of Champions," Shelia Kittleson, director of "The W," said. .

While using the free weights and cardio machines is beneficial, it isn't for everyone said Lyons. For those who have bad joints or just hate sweating, using the pool may be the better option said Lyons.

"Exercise classes in the water are a great way to get a workout in," Lyons said.

"It is easier on your joints. You can get your heart rate up just as high as you can running on the treadmill and most people don't feel like they are working out because you don't finish the classes dripping with sweat," she said.

Kittleson also offered some advice for students on how to stick to their resolutions and find the time to use the facilities offered.

"Finding a time that works consistently for you is usually the best answer," Kittleson said. "If you can find the time that works consistently for you in your schedule that's the best bet.

"Also find a friend who ha s a similar interest or who can come at the same time as you," Kittleson said.

Exercise isn't the only part of staying healthy though.Eating right along with exercise can make the goals of staying healthy for the new year easy to achieve said Kittleson. She advises students to be knowledgeable of what they are eating and understand what they are putting into their bodies.

"For example, chicken is a great choice but not so much if it's breaded chicken. If you understand nutritional value and calorie counts of food is key in choosing what to eat," Kittleson said.

With busy weeks at school and in personal life, weekends can become what people consider "cheat days" where they take a day off from their diet or workout routine, she said.

Kittleson said if students stray from their diet or exercise plan for a day, they should not to become too upset.

"I'm a firm believer in not getting too worked up in having a bad day. If you eat too much or are eating the wrong things, forget it. Move on and just get back into your routine.

"One day is not going to make or break your diet. If you have one bad day, just don't make it turn into the next seven days in a row," Kittleson said.

Seniors know the way in winter

TYLER FRENCH *NEWS EDITOR*
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Since the start of the 2018 year, temperatures have been falling while stress has been rising.

One of the major causes of this is Seasonal Affectiveness Disorder, commonly known as "the winter blues," which can cause sleep problems, low energy and feelings of depression, among other things

For many seniors, this is their last semester of college stress during the winter months. After having been through the process before, some feel they can offer advice on how to deal with stress this time of year.

Jasie K. Whitinger said the winter months have brought extra stress for her, but not because of the weather. As a cheerleader, she said her winters are much more open and she prefers to be busy.

"In the winter, without the consistent practices and performances, it's a little harder to stay motivated so the work piles up a bit more so I try to prioritize my tasks," Whitinger said.

Whitinger said it is important to set priorities for yourself in regards to work, but also advises making time for activities you enjoy such as spending time with friends or watching Netflix.

"Take a few minutes each day to spend time on you," Whitinger said.

Another senior, Grant Gingerich, echoed Whitinger's statements about second semester being more difficult.

He said the courses are normally more difficult with a larger workload.

Preparations are important for him as well.

"Knowing you've adequately prepared yourself is a huge confidence booster and says that you can handle anything that life throws at you," Gingerich said.

Unlike Whitinger, weather plays a direct role in stress for Gingerich.

He regularly has to use the skywalk and avoids walking outside in order to make sure he does not slip on ice.

"There's nothing worse than falling on your back and then have to walk the rest of the way to class to take a test," Gingerich said.

The best advice Gingerich offered for young students who may be in just their second semester was to make sure they are paying attention in class.

While it may seem simple, Gingerich said if a student does not pay attention they are just asking for more stress later on in the semester or in future semesters when they take higher level courses.

Winter weather will not stop the classes and will not stop the students from attending them.—**Hannah Kilburg/***TRUMPET*

Whitinger said the weather makes the days seem longer and it affects her mood. The key to avoid this leading to added stress is to remain positive.

"The weather and new schedule can be overwhelming so taking some time to do things you like helps take the pressure of school off just enough to still keep you focused on your academic goals," Whitinger said.

Pathway's newest mentor

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Victoria Reece

The Pathway Center has added another passionate employee to mentor and lead Wartburg students to becoming their most accomplished selves.

Victoria Reece has recently been hired as Pathway's Associate for Vocation, Mentoring and Careers.

Reece is a recent graduate of UNI with an undergraduate degree in family services and gerontology, the study of aging, and a masters in clinical and mental health counseling.

Reece had previously graduated from Jesup, Iowa but has lived in a variety of different places from Florida to Pennsylvania.

While Reece said she has a strong passion for helping the elderly and origionaly wanted to work with them, she realized that wasn't her true calling.

"I feel like my calling is to work with people and help them figure out what they want to do with their lives and where God is leading them," Reece said.

"I found myself wanting to help direct people and help them figure out what their passions are in life," she said.

Reece had previously interned and completed her practicum at Wartburg this past year by working in the counseling center.

Reece was able to get to know the students and staff at Wartburg which she said evoked an interest in the Pathway's position.

"I love Wartburg," Reece said. "It's such a great school and it's like a community. The students, staff and everyone is amazing."

While Reece has only held this position for a few weeks, she is already looking forward to the mentoring aspect of her job.

When Reece was attending UNI she had taken a counseling class where she developed an interest in career counseling.

Reece's past experiences have also helped shape her to become a qualified mentor students are able to connect with.

"I had a hard time figuring out what I wanted to do with my life," Reece said.

"Being a success story of sorts, going from thinking I wasn't going to graduate from college and now working at a college, I think really helps me in this position."

Reece's upcoming projects include the Orange Connection, where students get the opportunity to tour Iowa's Capitol and job shadow a past graduate.

The program is in April and still has some slots open.

Reece is also working on planning the Big Dream Connection in February where students discuss their dreams and how to achieve them.

Knights split conference contests

Jaran Sabus was the star this week, scoring 37 points in two games against Luther and Simpson. **-Marketing and Comm.**

JONATHAN MOHWINKLE *STAFF WRITER*
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The Wartburg men's basketball team split their two games in this past week of competition. Wednesday evening, the rival Luther Norse visited Levick Arena, as the Knights were trying to bounce back from their first conference loss of the season.

After starting the game with back and forth action, Wartburg and Luther traded runs in the first half, but the Knights ultimately took a 40-34 lead into halftime.

Wartburg cruised in the second half, leading the game by as many as 23 points on their way to a 73-51 victory.

Three Knights scored in double figures. Jaran Sabus led the way with 14, Max Smith-Drahos scored a career-high 11 points and Cam Kickbush added 10.

The Knights traveled to Indianola Saturday afternoon to take on the Simpson Storm, with a chance to potentially climb into a first place tie in the conference standings.

Both teams were hot out of the gate, and for the first eight minutes, it was a shootout of 3-pointers.

The first 2-point bucket of the game didn't come until 12:48 in the first half, which was a layup by Kyle Wagner to put the Storm up 20-16.

All previous points came from either from 3-pointers or free throws. The first half featured nine lead changes, and Simpson took a 48-47 lead at halftime after a Conor Riordan jumper with two seconds left in the half.

The teams continued to trade leads throughout the first part of the second half. Wartburg led by as many as four several times throughout the first eight minutes of the half.

However, Simpson went on a 12-0 run over a span of four minutes to take an 8-point lead they would not relinquish.

In a quick sequence of events, Sawyer Herman turned the ball over twice, got a steal and a 3-pointer in a span of 48 seconds to break the Simpson run and cut the lead down to five.

Simpson responded later in the half to lead by nine, their largest margin, with 4:14 to go.

A Nate Woeste steal and Max Smith-Drahos put-back with 23 seconds to play cut Wartburg's deficit to 84-81.

That would be Wartburg's final points of the game, as Simpson salted the game away with free throws. The Storm emerged as victors, 86-81.

Despite the losing effort, Jaran Sabus had a fantastic game individually. The junior guard shot 9-of-10 from the field, including 3-of-3 from downtown on his way to 23 points. He added four assists as well.

Three other Knights were in double figures, as Nate Woeste scored 17, Sawyer Herman scored 12, and Josh Gehling added 10.

Wartburg was able to hold Simpson star forward Sam Amsbaugh in check. He scored 12 points; 10 below his season average.

Guard Conor Riordan had a breakout game, scoring 27 points to lead the Storm to victory.

After last week's games, Wartburg's record stands at 11-4 overall, and 4-2 in Iowa Conference games. That puts Wartburg in a tie for fourth place in the conference.

Tonight, Wartburg will host conference frontrunner Buena Vista in Levick Arena, then will travel to face defending regular season champion Nebraska Wesleyan on Wednesday.

Both games are scheduled to tip off at 8:00 p.m.

Knightvision will webcast Monday's game, and KWAR 89.9 FM will provide radio coverage for both of this week's games.

Herman steps up for senior year

HART SHELTON-DAVIES *STAFF WRITER*
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Sawyer Herman, a senior on the Wartburg men's basketball team, has taken his passion for basketball to earn himself a spot on the starting lineup his senior year.

Sawyer Herman

Herman has shown big strides as a player, said head coach Dick Peth.

Herman added that during the transition from high school to college baseketball he found a lot of changes, including the quick game speed and defense.

"After freshman year I wished I could go back and play one more year of high school basketball because it was such a difference in the defensive aspect of the game," Herman said.

Starting on JV his first two seasons, Herman came off the bench to earn varsity minutes his junior year, which led to him now starting on varsity for his senior season.

Peth said that on defense Herman always steps up to whatever challenge he faces.

"He's assigned to the best guard on the opposing team, whether it be a point guard or a wing, so he's an outstanding all-around player for us," Peth said.

"Everything he does he rolls up his sleeves and really goes to work."

Throughout the years, Herman has had many different roles on the basketball team, but one role Peth said he seemed to always play was one of a competitor and team leader.

"He is much more vocal this year than he has been in previous years. Prior to this year he was a 'do-er' and a leader by example. He's picked up the vocal side of things this year," Peth said.

Herman said that as a teammate, he tries to better the team on a day-to-day basis by making use of his competitive nature.

"I'll get pretty competitive and try and get practice going that way," Herman said.

Peth said that he uses Herman as a role model for younger athletes.

"I give tons of credit to someone who has the willpower and the passion to get better each and every day as he did," Peth said.

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Wrestling loses to Augsburg

ANNIKA WALL *ASST. SPORTS EDITOR*
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The top-ranked Wartburg Knights lost to the third-ranked Augsburg Eagles at the NWCA National Duels Finals, 17-21, on Jan. 5.

The match began with three Augsburg victories before Wartburg received their first victory of the day, a 9-2 decision by Cross Cannone at 149 pounds.

However, according to head coach Eric Keller, to win a National Championship, more needs to happen.

"You have to have ten guys who are wrestling at their highest level of ability and we didn't do that," Keller said.

Both wrestlers Cannone and Logan Thomsen agreed that losing was not the outcome they were looking for. Why would it be, when the rivalry between these two wrestling programs extends back to 1995?

That year, Augsburg defeated Wartburg in the NWCA National Duels for the first time, with Wartburg winning it the next year. Ever since then, no team besides these two have won the National Duels.

It's a rivalry that Keller said put DIII wrestling on the map, with the rivalry garnering coverage from the New York Times.

While Wartburg has been in the finals since the competition's origin, the Knights and Eagles have faced each other in the finals 12 out of the 17 years, creating a nationally-recognized rivalry.

"It's almost like the Yankees and the Red Sox," Cannone said. "The rivalry is there and it's always going to be there."

Thomsen said that with a team as strong as Augsburg, bonus points make the difference between victory and defeat.

In this match, they worked against the Knights, resulting in the loss of a nine-duel winning streak against the Eagles.

Wartburg currently holds the all-time series by a narrow margin of 17-16, a number which will change on Feb. 1, as Wartburg hosts the annual Battle of the 'Burgs. However, other business also needs to be taken care of before that match.

The Knights' winning streak in the Iowa Conference moved up to 200 with a victory over Luther on Jan. 11. Wartburg hasn't lost a conference match since 1994, winning the conference for 25 consecutive years.

Thomsen said that while the preparation for Battle of the 'Burgs may be the same as any other match, each wrestler needs to up their intensity to win the match.

"The team is going to do everything it can to get ready, but it's going to come down to the individuals to go the extra mile and show them it should've been us winning in Indiana," Thomsen said.

The Knights will compete at the IIAC conference duels on Jan. 20 and at Coe on Jan. 26 before facing Augsburg at home on Feb. 1.

The Wartburg Knights lost to the Augsburg Eagles at the NCWA National Duels **-Marketing and Comm.**

New year, new records

SAM SIDES *SPORTS EDITOR*
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With appearances in the NCAA tournament the last two years, including a Final Four run in 2016, the Wartburg women's basketball team came into the season with a lot of promise.

Since the start of 2018, the team has vaulted into the top two in the nation for the first time in program history, and they just broke the school record for the best start to a season ever by a Wartburg women's basketball team: undefeated at 15-0.

The record was broken after the team took down Luther and Simpson, the two schools in the conference poised to show the Knights the most trouble, by 20 and 15 points, respectively. While the fashion of these victories was a surprise to some, senior point guard Katie Sommer said it was just another day at the office.

"Our mentality coming into every single game is to put the hammer down," Sommer said. "We want to crush other teams' hope, so the next time we play them we don't want to make them think that they can beat us."

In her senior season, Sommer has entered the 1,000 point club, broken the record for the most career assists in school history and continues to climb the top ten in made free throws and made threes.

Her twin sister Kristie is poised to break the career three-point record in the next couple of games, with only eight to go.

The breaking of these records, head coach Bob Amsberry said, is emblematic of how experienced this team is. With a starting lineup of five seniors, Amsberry said their experience over the last couple of years has done wonders to move this team forward.

"This group's been doing it for a long time, and I think the experience they've gotten has propelled us into what we are today," Amsberry said.

Though the start is historic, Amsberry recognizes that the team cannot take their foot off the gas.

"We know we're going to get everybody's best effort," Amsberry said.

"But we're only worried about things we can control, and that's preparing the right way; holding true to try to be the best version of us we can be."

"When we are, I think we're really hard to beat. When we don't do it that way, we're really vulnerable."

Amsberry and Sommer agree the team is not unbeatable. That said, both think their success is a matter of preparation, standards and mentality.

"We have the potential [to win a national championship]. The sky's the limit for this team," Sommer said.

Katie Sommer drives past two Loras players. Sommer is just one of the many key contributors to this year's success. **-Marketing and Comm.**

"I think with our experience and our mentality and our high standards that we set for ourselves, I think that will help lead us to where we want to be."

Because of the nature of the season, Sommer and the rest of the team have made history in multiple ways. Sommer said being a part of a team like this is a very special thing.

"[We're proud of] being a part of something bigger than ourselves; the fact that we play for each other and have one goal in mind," Sommer said.

"The culture on this team is something special. I love how this team acts and carries themselves. It truly is a family."

The Knights will look to pick up where they left off against Buena Vista on tonight in Levick Arena, and will play again on Wednesday.

Tipoff is set for 6 p.m. for both games. You can catch coverage of those games on both Knight Vision (Monday only) and KWAR 89.9 FM.

Wartburg lacrosse: building to win

Allie Stahmer is a captain of the lacrosse team. She is a part of the first lacrosse class to play all four years at Wartburg. **- Marketing & Comm.**

LAUREN O'BRIAN *STAFF WRITER*
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The Wartburg women's lacrosse team is going into their fourth season as a Division three program.

They are continuing to grow their team in numbers and grow their team in success over just a couple years.

The motto the team is going by this season is to "outwork our competitors." The team puts in offseason work in the fall, winter and summer.

Head coach Anna Meerbach is continuing to grow the program and keep it going in the right direction for future seasons.

"Our main goal in the four weeks we have in the fall is to get our stick skills going and our physical fitness. It's also a time for the freshman to get used to the team and see how we work and to get all the nerves out," Meerbach said.

The team members continue to put in the offseason work in the summer and winter that includes lifting, cardio and some stick work as well.

Since lacrosse is still a fairly new sport on campus, the coaches provided an "Intro to Lacrosse" clinic held on campus in "The W" on Jan. 7. Meerbach was pleased with the outcome.

"We had a good little turnout, the girls there were really excited to learn and that was kind of the purpose of the clinic," Meerbach said.

This was the first time this clinic took place. It gave non-student athletes the opportunity to see what lacrosse at Wartburg is all about.

Senior Allie Stahmer started when the freshman class was the first class at Wartburg that had the opportunity to be a part of the lacrosse team.

Stahmer went to Resurrection High School in Chicago and started playing lacrosse as a junior there. She played two years on a club team before she came to Wartburg.

"I love playing here at Wartburg College," Stahmer said.

"I love all my teammates and my coach, and the facilities here that we get to use are amazing. I don't think many Division III athletes get an opportunity like this."

Stahmer is a captain of the team this season, along with three others. Even though they were given a leadership role this season, they took on leadership roles as freshmen because of the experience they already had.

"We make sure the rest of the team is lifting, playing on their own time and making sure the team gets stick in their hands every day, which is really important, especially if they haven't really played before," Stahmer said.

Stahmer said the team is learning from past seasons to continue to grow and have success in the future.

"Last season we had the problem of playing better in the second half than we did in the first half. We know that we have the ability to play the full game, so our main goal is to play the full 60 minutes to our full abilities," Stahmer said.

The recruitment process can be rather challenging because of the lack of knowledge about lacrosse and the popularity in Iowa.

"We are really focusing in Illinois, Minnesota, and Missouri for recruiting. It is a challenge because so many kids here are from Iowa. There is currently one club team in Des Moines to recruit from and this year there were about four girls graduating, so it's very picked over and tough to recruit here in Iowa," Meerbach said.

Meerbach wants to create more opportunities to grow the sport at the high school level, and get themselves out of the state and keep recruiting.

The team is returning 10 players and brought in four freshmen this year.

"We are hoping to find one or two more girls who are wanting to learn the sport and play for this program," Meerbach said.

The Knights start their season on the road, taking on Augsburg on their home turf on Feb. 25.

WTF ready to add another chapter

TYLER FRENCH *EDITOR-IN-CHIEF*
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After a pair of Iowa Conference championships last year, there is a lot of confidence for the Wartburg Track and Field teams heading into the 2018 season.

The women's team won their 18th straight outdoor championship after finishing second during indoor season.

The team graduated a very talented group including conference champion Courtney Sowle, but do have a very strong returning group led by All-American Ashlyn Bagge.

Head coach Marcus Newsom said it is impossible to replace the commitment of the graduated seniors, but he is very confident in the group the team has back this year, partially because of what they learned from the upperclassmen.

"It's their time, one of things we say is 'next woman up,'" Newsom said. "They just kind of hand that baton to the younger group. So, we're very excited."

On the men's side of things, the returning group is led by senior Eli Kaczinski, who is coming off an All-American campaign in cross country.

The men's team finished in fourth place during indoor season before also bringing home an outdoor championship.

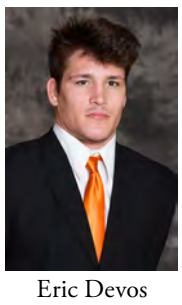
During the indoor season, teams have the opportunity to compete during December, but Newsom said the teams choose not to compete because it can mess with training.

"If we compete the first week of December, then all of a sudden they have finals and we don't train or practice that week, then they go home for break," Newsom said. "They can perform extremely well, but those kids never come back because they had a three week or a four week break at home. Now they have to start all over again and they never hit that mark again."

The teams both posted disappointing finishes in the indoor season before the success during outdoor season, and they are hoping for a finish closer to that of the outdoor season.

Competition begins on Jan. 20 when the Knights host their own meet at the Chelsey M. Henkenius Open, named after the late Chelse Henkenius, a 2014 alum and former member of the track and field team.

Wartburg Trumpet Athletes of the Week



Eric Devos

Extended his overall wrestling winning streak to 24 straight matches, dating back to the 2016 National Championship.

Katie Sommer

Had 41 points, 13 assists, eight rebounds and four steals in two games this week